

## Post Shorts

### Recycling schedule

The residential and recycling pickup schedule for Jan. 21 is plastic, glass and metal. Put items in blue bags and place them on the curb.



### Reduced gate hours for holiday weekend

There will be reduced gate operations at Aberdeen Proving Ground for the Martin Luther King holiday.

On Friday, Jan. 16, the Harford Gate (Route 22) in the Aberdeen Area will close at 10 p.m. and the Wise Road Gate in the Edgewood Area will close at 8 p.m.

The Harford Gate and the Wise Road Gate will reopen at 4 a.m., on Tuesday, Jan. 20.

The Maryland Gate (Route 715) in the Aberdeen Area and the Magnolia Road Gate (Route 152) in the Edgewood Area will be open throughout the holiday period.

### Wanted: Story ideas on Year of NCO

In order to showcase the year of the noncommissioned officer, the *APG News* is looking for story ideas to publish. Anyone with a suggested idea should call the editor, Debi Horne, 410-278-1150.

### New KUSAHC policies

The Kirk U.S. Army Health Clinic has expanded its hours to be more convenient to patients. KUSAHC is now open from 7:30 a.m. to 4:30 p.m., Monday through Friday, to include Thursday training time and the lunch hour.

KUSAHC's Child Care policy has been modified to accommodate patients who have to bring their child with them to their appointment. Children under the age of 12 are not permitted to be left unattended in the waiting area.

KUSAHC encourages patients to make child care arrangements before their appointment, and provides vouchers for the Aberdeen Area Child Development Center.

### Kirk closes for holiday

Kirk U.S. Army Health Clinic will be closed Jan. 19 for the Martin Luther King Jr. Birthday holiday.

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# SMA: 'NCOs, the glue that holds the Army together'

Story by  
**J.D. LEIPOLD**  
Army News Service

The noncommissioned officer is the glue that has held the Army together over the last eight years, said the Army's senior enlisted advisor.

During a presentation at the Pentagon Jan. 8, Sgt. Maj. of the Army Kenneth O. Preston discussed the contributions of the NCO to the Army mission and why the service has named 2009 the year of the NCO.

"This is an opportunity for us to showcase the contributions of the NCO corps," he said. "It's those noncommissioned officers out there every day who are not only winning the fight on the Global War On Terror, they're also the ones who directly influence their piece of the Army by being the first line supervisor for two or three Soldiers who they are responsible for. They're the ones who create command climate and train the Soldiers in their occupational specialties."

Preston told the audience of Soldiers and Army civilians that being an NCO was all about teaching from experience and that the two basic responsibilities of the NCO come from the NCO creed.

"It's accomplishment of the mission and the wel-

fare of the Soldier," Preston said. "One of the principal ways an NCO looks after the welfare of his Soldiers is through training -- it's about being a subject matter expert. We want our young Soldiers to study, to train and be the best Soldiers they can be, because as they move up into positions of increased responsibility, they will be responsible for teaching from a position of experience. It's the experience that allows our NCOs to be trainers."

During the year of the NCO, the Army will work toward enhancing education, fitness, leadership development and pride in service by implementing programs and policies that support growth of the NCO corps, the sergeant major said.

Additionally, the Army wants to recognize the leadership, professionalism, commitment and courage of the NCO through outreach events that are being planned throughout the Army.

With respect to education during the year of the NCO, the sergeant major said there were three pillars of learning for all Soldiers in the Army.

The first pillar of learning is institutional learning -- in the school house. The second pillar is that of operational experience -- the kind of learning that can



Photo by TIM HIPPS

Installation Management Command Soldiers and noncommissioned officers compete in the command's Soldier and NCO of the Year Competition held July 14-17, 2008, at Fort AP Hill, Va.

only be learned in the field and by doing, Preston said.

"The third pillar is largely an untapped resource: self-development and self-study," Preston said. "One of the big initiatives coming out of this is the Army Career Tracker where we can begin to provide more guided and

structured self-development initiatives. There are a lot of things out there we want our NCOs to be, know and do to take them to a whole new level."

The Career Tracker will identify Soldiers' paths and career tracks, mapping out specifically what they need

to do to advance through the Army's ranks.

Preston said that as Soldiers continue to develop and grow with their education, by the time they reach sergeant they will have become very articulate, smart and great spokespersons.

## APG Tax Center offers free tax preparation beginning Jan. 22

Story by  
**SANDI WILLIAMS**  
OSJA

The Installation Tax Assistance Program, directed by the Office of the Staff Judge Advocate, Client Services Division, provides free tax assistance each year to qualifying active duty service members, retirees and Family members. Active duty service members are those military members currently holding an active duty ID card.

Reserve component service members who are not mobilized are not eligible for services and should contact their individual units for assistance.

The OSJA will host a Ribbon Cutting Ceremony and Open House for the 2009 Tax Assistance Program 1:30 to 2:30 p.m., Jan. 21, at the Tax Center's new location, building 30, downstairs in Top of the Bay. Commanders or their designees are invited to preview the facility and talk with the Tax Center staff members.

The Tax Center will open its doors to the public Jan. 22 and will close April 15. Hours of operation are

8:30 a.m. to 4 p.m., Monday through Friday.

### Trained staff available

Civilian personnel have been assigned to work at the Tax Center on a full-time basis and will be trained in federal and Maryland state income tax return preparation. An Internal Revenue Service examination at the end of the course certifies each preparer for the Volunteer Return Preparation Program.

### Preparing tax returns

Tax Center staff will only be preparing simple and intermediate level tax returns. Complex tax returns outside the scope of the Volunteer Return Preparation Program will be referred to professional providers.

### Being prepared

It is extremely important to gather the information needed to file an accurate return. Documents needed depend on each individual situation. The Tax Center cannot prepare a return unless the taxpayer brings all necessary documentation. Inaccurate tax returns caused by incomplete/faulty information

may incur IRS penalty and interest assessments.

### Information needed

- Copy of last tax return (2007)
- Original W-2 statements
- Social security cards for filer, spouse and all dependents
- Social security income statements
- Form 1099 stating interest, dividends or capital gains, distributions from pensions and IRAs
- Alimony information
- Child care expenses and provider identification and address
- Settlement paperwork (for purchase or sale of home)
- Real estate tax statement
- Economic Stimulus payment received
- Power of attorney signed by the spouse if either party plans to sign the spouse's name on a joint tax return
- Blank check with routing and account number for a refund directly deposited into a bank account

For those who itemize deductions or own a home that is rented to others, See **TAX CENTER**, page 11



## TRAFFIC ALERT

### Maryland Boulevard closes Jan. 16

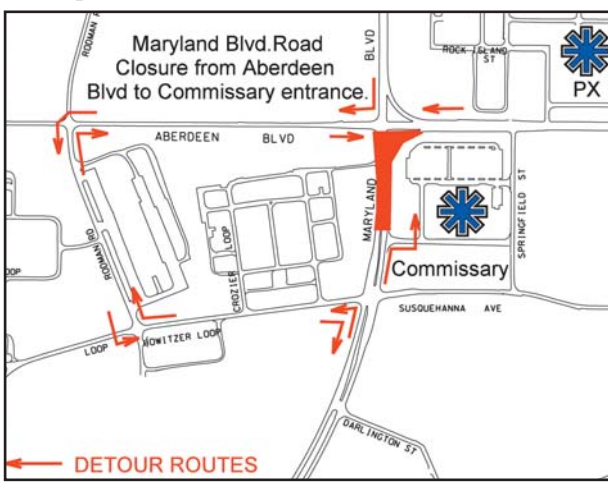
All lanes of Maryland Boulevard on the southwest side of Aberdeen Boulevard intersection, including the Maryland Boulevard exit lane onto inbound Aberdeen Boulevard, will be closed on or about Jan. 16 through 19 to rebuild the railroad track through the intersection.

The outbound lanes will be closed at the intersection and the inbound lanes will be closed immediately inbound of the commissary entrance.

Deer Creek Loop and Rodman Road will be the alternate traffic route to and from Aberdeen Boulevard for this closure.

An additional day has been added to the closure because of the lower than average temperatures that are expected through the period.

Cooperation would be appreciated, and caution is advised when traveling through the area. For more information, call Jerry Norris, Directorate of Installation Operations, 410-306-1159.



## Guard Families eligible for child care subsidy

Story by  
**STAFF SGT JOHN SOUCY**  
Army News Service

For National Guard members about to deploy there is help to assist spouses and Family members with the costs of child care during deployment through the Guard's Child Care Subsidy Program.

The program, which has been around for about five years, grew out of a program initially designed for deploying active duty personnel, said Mike Conner,

chief of Program Services for the National Guard Bureau's Family Program office.

"There was an increased need for child care on the [military] installation," Conner said. "When the deployments occurred, the daycare centers on the installations were already at their peak. This made it even higher, and the stress just increased."

As a result, changes were made to allow those on active duty to receive a subsidy to use off-post child care, added Conner. Guard and Reserve mem-

bers were later made eligible as long as they were in Title 10 status.

"If you are deployed in Title 10 status and your spouse is either working or in school full time, you are eligible for a child care subsidy," Conner said.

Recently, those on Title 32 active Guard/Reserve orders were also added to the eligibility list.

The subsidy program is coordinated through the National Association of Child Care Resource and Referral Agencies, which

approves applications and determines the amount paid as part of the subsidy.

Though Guard members of all ranks may take part in the program, the amount of the subsidy is based on a variety of factors, rank not being one of them.

"[There are] a number of things taken into consideration," said Dr. Kathryn Goedde, the program manager. "They look at total Family income, they look at the number of children and they look at the type of child care needed. For

instance, full-time care for an infant is going to be way more expensive than after-school care for an elementary-aged child."

No matter what, the minimum amount paid out is \$100 per child per month, Goedde said.

"So even if you can't provide all your information, they're going to issue one hundred dollars per month per child," Goedde said. "Once you provide all your information, then that may go up."

See **SUBSIDY**, page 11



# Joint Program Executive Officer for CBD speaks at AUSA luncheon

Story by  
**RACHEL PONDER**  
*APG News*

The threat of weapons of mass destruction, especially the threat of a biological attack, was the topic of discussion during the Association of the United States Army luncheon at the Richlin Ballroom on Dec. 10.

The guest speaker was Maj. Gen. Stephen V. Reeves, Joint Program Executive Officer Chemical and Biological Defense.

His responsibilities include the research, development and acquisition of all chemical and biological defense equipment and medical countermeasures for all of the U.S. Armed Services.

The program opened with a call to order by Trish Weiss, the AUSA vice president. The posting of the colors was done by the 143rd Ordnance Battalion Color Guard; Sgt. Luis Rodriguez, chaplain assistant, sang the national anthem, and Chaplain (Maj.) Young Kim, installation deputy chaplain, gave the invocation.

Reeves thanked the Aberdeen chapter for donating \$20,000 to the Fisher House Foundation. The Fisher House gives military Families a place to stay, for free, while their loved ones receive medical care for an unexpected illness, disease or injury. Military and their Families are stationed worldwide and they often have to travel great distances to receive specialized care.

“You have no idea how much that means to the Soldiers and their Families, I can’t thank you enough,” Reeves said. “This cause is incredibly important. It means so much to have those facilities and the morale building opportunities that the Fisher House provides to our Soldiers.”

Reeves thanked the audience for the opportunity to speak at the meeting.

He told them that earlier this year he had the opportunity to testify before Con-

**“Seldom has our nation asked so much of our Army and of our Soldiers and Families -- but as always, our Army is getting the job done.”**

**- Maj. Gen. Stephen V. Reeves, Joint Program Executive Officer Chemical and Biological Defense**

gress, to both the House and the Senate, on the biological warfare threat to the nation and what America is doing about that threat.

He said that the threat of weapons of mass destruction is a topic that is discussed frequently in the news, and that the leaders of America realize that it is a serious threat.

“Recently, Vice President-elect Joseph Biden stated that the U.S. needs to do more to halt the spread of nuclear and biological weapons, and President-elect Barack Obama announced plans to appoint a new White House office to coordinate efforts to prevent terrorists from obtaining nuclear or biological weapons,” he said.

Reeves said that U.S. leaders are making it a priority to halt the spread of WMD because terrorists have made it clear that the use of WMD is necessary to achieve their goals.

“Terrorist groups around the world repeatedly make it clear that the use of weapons of mass destruction is both useful and necessary in achieving their goals,” he said. “Al Qaida specifically calls it ‘a religious duty.’ Likewise, rogue nations and their despot leaders believe these weapons, and in particular nuclear weapons, make them greater players on the world stage and in their regions.”

Reeves said that the Commission on the Prevention of Weapons of Mass Destruction Proliferation and Terrorism predicts that within the next five years there will be a WMD event unless America and its allies act urgently to prevent it. The commis-

microbiologist away from a biological attack,” he said. “We certainly know that terrorist groups are attracted to biological warfare. It’s cheap—pennies and dollars to develop, compared to thousands or millions of dollars for other weapons. It’s simple to employ and deploy – small vials or containers easily smuggled and simply opened up in confined spaces with lots of people – like airplanes, shopping malls or office buildings. It allows plausible deniability since it can be days or even weeks before the effects of a biological attack are seen and understood. And it’s relatively easy to make by competent scientists. In fact, it is only due to the incompetence of terrorist-sponsored scientists that we have not seen actual mass casualties.”

Reeves said that the armed forces have implemented procedures to reduce the threat of biological warfare.

“Operationally in the armed forces, we work on the premise of defense-in-depth,” Reeves said. “This means first protecting our forces with pre-exposure prophylaxis, such as vaccines, detection devices for early warning, individual and collective protection and post-exposure treatments and decontamination if necessary. The 2004 Quadrennial Defense Review added counterproliferation to our Special Operating Forces mission. The 2005 DoD Homeland Defense Strategy calls for responding to multiple, simultaneous attacks. To meet this goal, we are significantly supplementing our existing force structure. We already have the Army’s 20th Support Command, the Marine [Corps] Chemical and Biological Incident Response Force, the National Guard’s Weapons of Mass Destruction Civil Support Teams and the Joint Task Force Civil Support with a combatant

command, Northern Command, dedicated to Homeland Defense missions.”

Reeves said that in late 2007, the Deputy Secretary of Defense approved spending \$556 million over the next five years to up three more response teams totaling nearly 20,000 Soldiers, known as CBRNE Consequence Management Response Forces. The first of these response brigades became active on Oct. 1, 2008, at Fort Stewart, Ga.

Reeves said that in the area of research, development and acquisition, the United States continues to develop and field next generation vaccines, detectors, individual and collective protective equipment, decontamination systems and therapeutics.

“Just in the past year, we have fielded to the armed forces more than 1.2 million individual items of new equipment,” he said. “To address the potential threat from bio-engineered and genetically modified biological threats, we’ve established the Transformation Medical Technology Initiative, programs designed to rapidly identify new biological threats, development, and rapidly produce therapeutics.”

Reeves said that at the policy level, in conjunction with the Homeland Security Council, the United States established a “one-portfolio” approach leveraging the research, development and production of pharmaceuticals in both DoD and the Department of Health and Human Services, including mutual support of the Strategic National Stockpiles. Domestically we partner with the Department of Homeland Security as part of the national bio-surveillance program through the DoD Installation Protection Program.

“As we examine the threats of biological warfare proliferation and so-called ‘insider threats,’ the Army and DoD have instituted additional biological

security measures in our DoD labs and for our personnel researching biological threats,” Reeves said.

He concluded his speech by saying that it is not possible to “terror-proof” our country.

“Much of what remains to do is outside of DoD responsibilities and also must occur beyond our shores and depends on collaboration with our allies,” he said.

“The biological warfare threat, while significant, is just one of a much wider array of national security issues that can be addressed only with a broader set of capabilities that are highly synchronized and carefully calibrated. In meeting that need, our Army is stressed. Seldom has our nation asked so much of our Army and of our Soldiers and Families - - but as always, our Army is getting the job done. Whether I am visiting wounded warriors at Walter Reed, or Soldiers around the world, I can assure you they are serving proudly, whenever and wherever needed -- making enormous contributions and sacrifices in many vital roles from fighting with courage and valor on the front lines of the War on Terror to supporting civil authorities. As a result of their hard work, we have much to be proud of. Every day our Soldiers earn the trust, confidence, and respect of the American people whom we serve. We remain resolute in our determination to preserve peace and freedom for America.”

At the close of the meeting Jernigan presented the President’s Award for AUSA’s special recognition for excellent support and passion to U.S. Soldiers to Weiss.

Jernigan added that all are invited to participate in AUSA meetings.

The next AUSA meeting will take place at the Clarion Hotel in Aberdeen 11:30 a.m., Jan 20. The guest speaker will be a Soldier who will share his personal Army story.

# Language program gives Soldiers head start on deployment

Story by  
**C. TODD LOPEZ**  
*Army News Service*

The Defense Language Institute has developed a “Headstart” program to help deploying troops gain skills in Arabic, Pashto and Dari - languages spoken in Iraq and Afghanistan.

With conflicts ongoing in these two nations, there’s a need for at least some Soldiers to have knowledge of the languages spoken there.

A recent study by the House Armed Services Committee highlighted the need for increased language capability in the armed forces.

“Only a small part of today’s military is proficient in a foreign language and until recently there has been no comprehensive, systematic approach to develop cultural expertise,” committee members wrote in their report.

The Defense Language Institute’s “Headstart” program is one path that can help Soldiers develop language skills.

Headstart is a computer-based, self-directed language learning program aimed at military members getting ready to deploy. The program offers lessons in five languages, including Dari, Pashto, Persian Farsi, Mandarin Chinese, and the dialect of Arabic used in Iraq.

The self-guided program

takes between 80 to 100 hours to complete. After completing the course, Soldiers should be able to hit the ground in a new country with enough language skills to conduct business and have limited communication with civilians in the local language, according to the DLI commandant.

“You’d be able to take care of the survival-needs level of speaking requirements,” said Col. Sue Ann Sundusky, commandant, Defense Language Institute, Foreign Language Center. “Even effectively conduct conversations and ask questions about a broad range of topics and understand a significant amount of the answers coming back. You’d certainly be able to communicate if you worked through the program.”

Sandusky said Headstart begins like every language program, in that all new language learners will need to learn numbers, colors, quantities, key verbs and key verb constructs. But the Headstart language program is designed primarily for military members on military missions, and the program is designed from that perspective.

“It’s basic language learning in a military context,” she said. “Every beginning student learns to count, and the basic military language student needs to learn to count too - but we can con-

textualize that in a way that it is meaningful. What are you counting? Are you counting money, houses, people in a crowd?”

Each Headstart language program is made up of two sections, including “sounds and script” and “military.” The sound and script portion of the program involves ten modules that help Soldiers learn the four “modalities” of the language, including reading, writing, speaking and listening in the target language.

Module 1 of the Dari language program, spoken in Afghanistan, introduces students to the letters of the alphabet and breaks those characters down by letters that are similar to the English alphabet, and letters that require students to learn a new sound. Subsequent modules introduce country names, telling time, weather, making appointments and topography. The lessons are broken into different interactive games involving word-matching using the Dari language script.

The second portion of the Dari language software, which is military themed, involves speaking and listening. Soldiers using the program will learn key phrases that might be used in the situations they could encounter in Iraq. In one module, users learn phrases and questions related to landmarks. “What city is this?”

“This is Kandahar.” “What is the name of this village?” “This village is Asad Khyal.”

When DLI developed the Headstart program, the faculty put special emphasis on the military application of language, said Pamela Combacau, dean of technology integration at DLI.

“The main reason we are developing this is that there is a need for this and there is nothing like this,” Combacau said. “There is a need to train on language in specific military situations, and since our Soldiers are Warfighters, they don’t have time to go through general global knowledge. This is a program for a specific purpose, not to teach a general language, but for the specific purpose for predeployment.”

The lessons in the military portion show questions and phrases in English and in Dari script. The program also shows transliterated phrases, where the Dari words are spelled out in Latin letters, so students can better learn to pronounce the words.

And on the screen, a digitally animated “avatar,” either a Soldier in battle gear or an Afghan civilian, speaks each phrase or question aloud. Within each module there are various steps, each presenting a different way to learn to speak Dari. Each requires users to listen to the avatar speak and then deter-

mine what has been said.

The entire Headstart program is computer-based, involving various matching games, avatars, and speaking and listening skills.

“They try to capture a little bit of the excitement of video games in the sense that they have the avatar and you interact with it. It’s to take advantage of the fact [that] the current generation of young Soldiers are computer savvy and would be bored with something not cutting edge,” Sandusky said. “And there is real good substantive language learning methodology in this program. It allows you to gain a little bit of familiarization in all four modalities”

The Headstart program also includes links to online “field support modules” at <http://field-support.lingnet.org>, that cover an array of cultural topics on nearly 40 countries. The cultural information is produced by members of the DLI staff and is largely original material, said Combacau.

All five language version of Headstart are available from the DLI’s Web site at <http://field-support.lingnet.org/products/headstart/> and are also available on CD-ROM. Nearly a million copies of the Iraqi Arabic and Dari language programs have been distributed so far.



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# MDNG aviator promoted to colonel



Photo courtesy of MDNG  
Col. Shannon Brown kneels down to allow daughter Taylor to pin her rank on her uniform during a promotion ceremony Oct. 26, as Brig. Gen. Alberto Jimenez looks on.

Story by  
**QUENTIN W. BANKS JR.**  
MDNG

The Maryland Army National Guard announced the promotion of Lt. Col. Shannon Brown to the rank of Colonel Oct. 26. Brown is the commander of the Aviation Depot Maintenance Unit of the Maryland Army National Guard based at Aberdeen Proving Ground.

Brig. Gen. Alberto J. Jimenez, MDNG deputy assistant adjutant general, presided over the promotion ceremony.

“Throughout her career, Colonel Brown has distinguished herself both as a leader and accomplished aviator,” Jimenez said. “Colonel Brown’s promotion to the rank of colonel is further affirmation of her accomplishments and speaks equally to her potential for greater future service.”

Brown was commissioned in May 1989 as an army aviation officer and joined the Maryland Army National Guard in 2001. During her nearly 20-year career, which includes service both on active duty

and in the MDNG, Brown has served in a variety of aviation assignments including flight platoon leader, maintenance platoon leader, avionics platoon leader, test pilot, aviation advanced course small group instructor and aviation officer career and assignment manager.

Brown has served as a quality assurance officer of the Aviation Depot Maintenance Unit, commander of Company A, 226th Aviation Support Battalion, 29th Combat Aviation Brigade and as executive officer and commander of 1st Battalion, 224th Aviation Security and Support Battalion.

She earned her bachelor’s degree from Northern Arizona University and a master’s from Troy State University. A graduate of the Combined Arms Staff School and a Distinguished Graduate of the Command and General Staff Officers Course, Brown is currently attending the Army War

College.

Included among her many awards and decorations are the Senior Army Aviator Badge, Airborne Badge, Meritorious Service Medal with Oak Leaf Cluster, Army Commendation Medal with six Oak Leaf Clusters, Army Achievement Medal with

four Oak Leaf Clusters, the Army Reserve Component Achievement Medal and the Army Superior Unit Award.

Brown is employed by the U.S. Department of Justice where she serves as chief information officer for the Federal Detention Trustee in Arlington, Va.



# APG Outdoor Journal

## Commentary: Hootie owls and other stuff

By  
**BILL ARMSTRONG**  
*APG Wildlife and Marine Law  
Enforcement Division*

Most of you are probably getting tired of hearing me saying it, but from my perspective as a protector of our natural resources here at Aberdeen Proving Ground, for me, working here is like stepping back in time and seeing wildlife in numbers similar to those probably seen by Harford County’s early settlers. When the ranges are quiet, especially on the weekends or holidays, I am forever amazed by the variety of different species I come across when I’m out and about.

Take for instance the other evening, just about dark. I’d just spent several hours in the bushes down-range “glassing” the Bay looking for waterfowl poachers and was in the process of wading through the bulrushes on my way back to the truck when I heard the call of a great horned owl “hoo-h’Hoo—hoo-hoo” off in the distance. Slowly easing my way forward through the brush, I heard another one. After listening for a minute or so, it became apparent that I was listening to an exchange between two adults, presumably a male and a female. With nothing better to do, I looked around and found me a nice comfy log to sit down on and spent the next half hour or so enjoying their “back and forth” conversation.

Although most people probably don’t know it, the cold, snowy days of January are when these



Photo by JOE ONDEK

critters begin nesting. Normally this “boss hog” of the owl community is not one to jump in and put together a nest on it’s own, preferring instead to “commandeer” a nest from some other large bird like a hawk or crow and set up housekeeping. Usually by the end of January, the female will have laid her eggs and begin incubating, which takes about 35 days. Both adults tend to the young, supplying them with a steady supply of food consisting mainly of rats, mice, birds, muskrats, ducks, rabbits, etc., which we have in abundance here on the proving ground.

If someone were to ask me, I’d say that probably one of the main reasons they begin their nesting so early in the year is that Mother Nature is a tough lady, and for the young to survive, like most other large raptors, the pred-

ator process requires lots of patience and practice. For the young owls to be self-sufficient and able to fend for themselves by the next winter takes some doing.

These night hunters are neat critters. They are fierce combatants and not the least bit intimidated by other birds of prey. I didn’t get a chance to see them the other night, but now that I know where they’re hanging out, I’m sure that one of these days soon, if the boss ain’t got me doing something else, I’ll figure out a way to find their nest and perhaps catch a glimpse of them.

For us guys in the natural resources business, APG is a splendid place to work, and if I might quote the U.S. Army Aberdeen Test Center’s environmental guru Joe Ondek, “And to think, I’m getting paid for doing this.”

### **On fishing and hunting**

For those of you into yellow perch fishing (probably one of the tastiest species of fish in the Bay these days), they’re beginning to stage right now at the mouth of the rivers, preparing for their annual spawning runs. So, if by chance we get a decent day this month when the wind isn’t howling out of the northwest, you might want to have your fishing rod tuned up just in case. It sure is hard to beat fresh yellow perch filets dipped in beer batter and deep fried to a golden brown.

And on another note for you waterfowl hunters (of which I must not be “one” seeing as how thus far I’ve spent four days in a goose pit and three days in a duck blind without rearranging a single feather), the Maryland migratory waterfowl season is open until Jan. 24.



# Applying for the Senior Service College Fellowship Program

Story by  
**JAMES R. OMAN**  
*Defense Acquisition University  
APG*

Are you a Department of the Army Civilian Acquisition Corps member at the GS-14/15 level or an equivalent grade? Are you located in the Aberdeen Proving Ground or Fort Monmouth, N.J., area? Are you a life-long learner interested in preparing yourself to assume positions of greater responsibility? Would you like to be a more effective leader? Are you recognized for your ethics, hard work, accomplishment and leadership potential?

If you answered yes to these questions, then you should apply for the 2009-2010 Defense Acquisition University managed SSCF Program located at APG.

Interested applicants must apply for consideration. Fellows will be selected by a central selection board convened by the Department of the Army. Applicants must, in addition to being a DAC member of the Acquisition Corps at the GS-14/15 or an equivalent pay band and located in the APG or Fort Monmouth area:

- have a Level III Certification in at least one acquisition functional area;
- have a command endorsement letter from the first General Officer/Senior Executive Service level in the applicant's chain of command;
- have or be able to obtain a secret clearance;
- have a bachelor's degree;
- have an active AKO account to view and apply for the program;
- And while not mandatory, it is strongly preferred that applicants will have completed the Program Manage-

ment PMT 352 Course.

APG joins the SSCF Program Enterprise with its inaugural 10-month class in July 2009. APG is the third SSCF site to come "on line" and builds upon the earlier academic and programmatic successes accrued by the students and faculty at the DAU-South site located in Huntsville, Ala., and the DAU-Midwest site in Warren, Mich.

The SSCF Program traces its beginnings to May 15, 2006, when Lt. Gen. Joseph L. Yakovac Jr., director of Acquisition Career Management, Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology, announced plans for a SSCF Pilot Program. The first 10-month class began in Huntsville in August 2006. After a successful completion of the pilot program, Huntsville was approved as a permanent SSCF site. The TACOM Life Cycle Management Command SSCF

Program in Warren was the second site and began in July 2007

The SSCF is a nationally recognized academic program. The SSCF Program is designed to prepare senior acquisition civilians in preparation for roles as product and project managers, program executive officers and other key acquisition positions with greater responsibility by providing them with the knowledge, skills, and tools they will need to be successful in future assignments.

Applicants selected for the program will participate in executive leadership training, program management training leading to PMT 401 certification, a senior leadership speaker's program, a national security module, research on acquisition topics and field studies, and a mentoring program with mentors from government and industry, graduate studies and may participate in an optional master's degree program.

The SSCF Program is intense but does provide time to "think and reflect," time normally not available in the government work place. Undoubtedly the SSCF Program provides a unique opportunity for high potential employees interested in continuing to grow personally and professionally.

Complete application requirements and program details will be released in an upcoming Human Resources Command announcement.

Visit the Acquisition Management Branch page at the HRC Web site **www.hrc.army.mil**. Individuals may also contact the DAU site manager, SSCF Program, APG, 443-360-9128 or 703-254-3255.

*(Editor's note: Author is currently located at the HEAT complex, 443-360-9128.)*



**Post Shorts**

Patients should plan accordingly for any medication needs.

For evenings, weekends and federal holidays, for routine medical

assistance, call 410-278-1725. The Staff Duty Officer will coordinate with the Medical Officer of the Day and initiate a referral, if needed.

Without authorization, patients may be responsible for copayments for care provided at other facilities.

Since there is no Emergency Room at KUSAHC, call 911 with any true emergency situations.

**Open Season extended**

Due to changes in coverage, OPM has extended the Benefits Open Season through January 2009.

Changes will apply to Federal Employees Health Benefits, Federal Employees Dental and Vision Insurance and the Flexible Spending Account.

Any belated changes will be retroactive to Jan. 4, 2009, for FEHB and Jan. 1, 2009, for FEDVIP and FSA.

For more information, call Teri Wright, Civilian Personnel Advisory Center, 410-278-4331, or e-mail [teri-wright@us.army.mil](mailto:teri-wright@us.army.mil).

**Gunpowder Toastmasters meet**

Make a resolution to conquer the fear of public speaking by learning to speak with confidence. Toastmasters clubs seek to help members improve communication, leadership, evaluation and public speaking skills in a fun and friendly environment. Meetings are open to everyone. The Gunpowder Toastmasters meet 11:30 a.m. to 1 p.m. the first and third Monday of each month. Due to federal holidays in January and February meeting dates are Jan. 20; Feb. 2; and Feb. 17.

Meetings are held in the Chemical Demilitarization Training Facility building E-4516, small seminar room, on the Edgewood Area of Aberdeen Proving Ground.

For more information, contact Adam Freeland, 410-652-8026 or Carmen Lane, 410-436-8969.

**Italian Specialty Meal Jan. 20**

The Italian Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m.

During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$4.25 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilians, retirees and their guests. The discount meal rate of \$3.65 applies to spouses and other Family mem-

bers of enlisted personnel in the ranks private through specialist/corporal.

The Italian Specialty Meal Menu includes: tortellini soup, spaghetti with meat sauce, assorted pizza, baked ziti with meatballs, chicken parmesan, vegetable lasagna, garlic roasted potato wedges, Italian vegetable combo, deep fried eggplant, zesty rotini salad, Italian style pasta salad, assorted salad bar, toasted garlic bread, assorted desserts, soft serve ice cream with assorted toppings and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green, 410-306-1393/1398.

**D.A.R.E.® Dance program begins in January**

All ages are welcome to participate in the D.A.R.E. Dance program, 4 to 5:15 p.m., Jan. 16, 20, 21 and 22 at the Aberdeen Area Youth Center, building 2752 to learn hip-hop, jazz and more. There will be eight dance sessions throughout a two week period.

Students need to be on time and be dressed to dance (sneakers and sweatpants, no jeans).

The final dance performance will be held 4:30 to 5 p.m., Jan. 23. Space is limited, sign up soon. Students should arrive for the D.A.R.E. dance at 4 p.m. to prepare for the performance.

For more information or to get permission slips, stop by the Youth Center or call Angie Chronister, 410-278-9061.

**Tax Center to hold opening ceremony Jan. 21**

The Tax Center will officially open with a ribbon cutting ceremony 1:30 p.m., Jan. 21, at its new location, building 30, downstairs in Top of the Bay. Commanders or their designees are invited to preview the facility and talk with the Tax Center staff members.

The Installation Tax Assistance Program, direct-

ed by the Office of the Staff Judge Advocate, Client Services Division provides free tax preparation and electronic filing for qualifying active duty service members, retirees and Family members.

The Tax Center will open its doors to the public Jan. 22 and will close April 15. Hours of operation will be 8:30 a.m. to 4 p.m., Monday through Friday.

**RAB meeting at new location**

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Thursday, Jan. 29, at a new location: Vitali's Restaurant & Banquets, 1709 Edgewood Road and Route 24 in Edgewood.

The topic will be an update on the O-Field Study Area.

Board meetings are open to the public; all APG employees and citizens are invited. For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

**NCO Academy holds 9th Annual Dining Out**

The Noncommissioned Officer Academy will hold its 8th Annual Anniversary Dining Out March 6 at Top of the Bay. The evening will honor past NCOA commanders from 1987 to present.

Tickets cost \$40. Call to make a reservation by March 3.

For more information or to RSVP, call Sgt. 1st Class Dennis Day, 410-278-9129 or e-mail [dennis.day4@conus.army.mil](mailto:dennis.day4@conus.army.mil).

**Main Exchange offers Buddy List**

Customers can now sign up at Aberdeen Proving Ground's Main Exchange to be on a "Buddy List." Customers that sign up on this list will receive "Buddy Messages" via e-mail every Friday, alerting them of weekend sales and happenings in the store and online at [www.affes.com](http://www.affes.com).

*(Editors Note: More Shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts.)*



# Community Notes

SUNDAY

JANUARY 18  
ALL DAY BINGO

The American Legion Post 135 located on 300 Cherry Street, Perryville, will hold All Day Bingo, 12:30 p.m. Doors open 11 a.m., early bird games begin at 11:45 a.m. Cost is \$25 per person and includes 50 games (all paper cards), meal and free coffee. A 50/50 raffle will be held for early birds. No one under 18 years of age is allowed in the Bingo Hall. No smoking is allowed. For more information, call 410-642-2771.

SUNDAY BINGO

Bingo will be held every Sunday at American Legion Service Post 17 located on 415 Edgewood Road, Edgewood. Doors open at 5 p.m., games begin at 6:15 p.m. Door prizes and food will be available. For more information, call 410-676-1147.

TUESDAY

JANUARY 20  
AUSA MEETING

The next meeting of the Aberdeen Chapter of the Association of the U.S. Army will be held noon, at the Clarion Hotel located on 980 Hospitality Way, Aberdeen. The guest speaker will be a Soldier provided through Operation Tribute to Freedom who will share his personal Army story, including experiences serving in theater. This is a great opportunity to hear direct feedback from a recently deployed Soldier and learn how to better support Soldiers. Registration and greetings take place 11:30 a.m. Meetings are open to non-members as well as members. The cost is \$18 (cash or check only) and includes lunch. Official registration

is on a “first come” basis. RSVP to Chrissy, e-mail cmb@orsacorp.com.

THURSDAY

JANUARY 22  
SAME CHESAPEAKE  
POST MONTHLY  
MEETING

The Society of American Military Engineers Chesapeake Post meeting is scheduled for 11:30 a.m. at Top of the Bay. The featured speaker is Maj. Gen. W.B. (Bo) Temple, U.S. Army Corps of Engineers, deputy commanding general, Military and International Operations. Space is limited and reservations are required. RSVP by Jan. 20 online at [www.same-chesapeake.org](http://www.same-chesapeake.org).

FRIDAY

JANUARY 23  
BASKET BINGO

A basket bingo will be held at the Aberdeen Fire Hall, Rogers Street, Aberdeen, to benefit Homes for Our Troops (<http://homesforourtroops.org>). Doors open at 6 p.m., and games begin at 7 p.m. Tickets cost \$12 for a 20 game packet. Extra packets cost \$5 each. Food and drinks will be available for purchase. Kitchen sales benefit St. Paul's Lutheran Church. Bring a non-perishable food item for a free ticket for a special drawing. For more information

or tickets, call Peggy or Chuck Kendzierski, 410-879-7823 or Brenda Conjour, 410-273-7332.

SATURDAY

JANUARY 24  
VARIETY QUARTER  
AUCTION

A Variety Quarter Auction for handmade or home-made collectibles will be held at the St. Paul's Lutheran Church in the Fellowship Hall, 201 Mt. Royal Avenue, Aberdeen, to benefit Family Share – Community 76 Girl Scouts. Doors open at 6 p.m., and games begin at 7 p.m. Paddles cost \$2 each, maximum of two per person. Food and drinks will be available for pur-

chase. Kitchen sales benefit Community 76 Girl Scouts Service Unit Fund. Bring a non-perishable food item for a free ticket for a special drawing. Vendors needed. For more information, contact Carol, [b\\_a\\_scout@hotmail.com](mailto:b_a_scout@hotmail.com).

TEXAS HOLD'EM

American Legion Susquehanna Post 135 located on 300 Cherry Street, Perryville, invites the public to a night of Texas Hold'em. The first game starts at 2 p.m., the second game starts at 7 p.m. Register by 1 p.m. with a \$50 buy in. First-come, first-served. A cash bar and food will be available. For more information, call 410-642-2771.

## Registration open for UMUC Spring 2009

Registration has begun for the University of Maryland University College Spring Semester. Online Session 1: Jan. 18 – May 15  
Online Session 2: Feb. 2 – May 15  
Online Session 3: Feb. 14 – May 15  
Online Session 4: Feb. 28 – May 15  
At Aberdeen Proving Ground, UMUC will offer MRKT 310 on Tuesdays, 6:30 to 9:30 p.m. and IFSM 303 on Wednesdays, 6:30 to 9:30 p.m. Students are advised to register early, as some classes fill quickly. For more information or to register, visit the office of UMUC APG in building 4305, room 210, or call 410-272-8269 or 410-306-2048. Information about UMUC is also available online at [www.umuc.edu](http://www.umuc.edu).

## Host Families needed for exchange students

The Educational Merit Foundation, a non-profit, educational exchange organization, will sponsor and supervise exchange students from Germany and France. These students need a host Family and a host school for the coming school year 2009-2010. Caring people (with or without children) are needed to provide food, a bed and a loving home for one or two semesters starting in late August. High school students are between the ages of 15 and 18, have medical insur-

ance, spending money for their personal expenses and expect to share their host Family's daily life including household responsibilities. They speak English, are well-screened and eager to experience life in America. Due to limited school space, interested host Families are encouraged to contact EMF as soon as possible. For more information, call Marie-Claude Dijoud, 1-800-467-8363 or visit [www.emfusa.org](http://www.emfusa.org).





# FAMILY, MORALE, WELFARE & RECREATION

## Activities/Events

### Ski with FMWR

FMWR offers three trips to Ski Roundtop: Jan. 31, Feb. 21 and 28.

Each trip costs \$65 per person and includes all day lift tickets, transportation to and from APG, tuned and fitted skis or snowboard with boots, poles, and bibs (if requested). Also includes beginner group instructions from FMWR staff for those who want it. No meals or food included. The bus will depart 6 a.m. and return 6 p.m.

Register and be fitted for equipment by Jan. 23, Feb. 13 and 20.

For more information, call 410-278-4124.

### Scrapbooking Crop

Get those Christmas pictures ready. Seasoned scrapbookers or anyone who has always wanted to try scrapbooking is welcome to attend the "Crop Till You Drop" session, 9 a.m. to 5 p.m., Feb. 21, at Top of the Bay. Cost of the event is \$25 per person and includes lunch and door prizes. Vendors will have items for sale for all scrapbooking needs. Optional classes may be offered.

A massage therapist will also be available to help make it a stress-free day.

For more information or for reservations, call 410-273-2075, or e-mail Patti Harkins, [patti.harkins@us.army.mil](mailto:patti.harkins@us.army.mil).

### Texas Hold-em Tournament

Family and Morale, Welfare and Recreation will host a Texas Hold'em Tournament, 1 p.m., Feb. 28, at Top of the Bay. The event is open to all DoD cardholders, military, civilian, contractors, retirees, Family members and guests over 18 years of age.

Entry fee costs \$35 and includes buffet, soda, snacks and cash bar. Registration deadline is Feb. 20.

Volunteer dealers are

needed. Volunteers will be trained by tournament personnel. Those interested should e-mail Louise Glose, [louise.glose@us.army.mil](mailto:louise.glose@us.army.mil) or Teri Hall, [teri.s.hall@us.army.mil](mailto:teri.s.hall@us.army.mil).

Registered players and volunteer dealers can practice and train at 1 p.m., Jan. 25. Optional food charge of \$15 includes 12 wings, bucket of beer and cash bar. Registration deadline for practice is Jan. 22.

For more information or to register, call 410-278-2552/3062 or visit <http://www.apgmwr.com/Store/texasholdem.html>.

### Talent Show auditions start tonight

Auditions for the APG Talent Show will be held 5:30 to 7:30 p.m., Jan. 15 at the Edgewood Area Recreation Center, building E-4140; 5:30 to 7:30 p.m. Jan. 22 at the Aberdeen Area Recreation Center, building 3326; and 2 to 6 p.m., Feb. 7 at the Post Theater.

The Talent Show is open to the public; anyone who can sing, dance or play an instrument can audition. Individuals must be 18 or older to participate, individuals or groups.

The APG Talent Show will take place Feb. 21, at the Post Theater, 7 p.m. Doors open 6 p.m.

Tickets cost \$5 for active duty military and \$7 for non-military.

For more information or to purchase tickets, visit FMWR Registration, building 3326, 410-278-4011/4907 or visit Hoyle Fitness Center, building E-4210, 410-436-7134.

### Amateur Boxing Night

The 16th and 143rd Ordnance battalions face off again in the 2009 Amateur Boxing Night March 7 at the Edgewood Area Hoyle Gymnasium, building E-4210. Doors open 5 p.m., the event begins at 6 p.m.

## Soldier Show application deadline extended to Jan. 22

The application deadline to apply for an audition to join the cast and crew of the 2009 U.S. Army Soldier Show has been extended from Dec. 31 to Jan. 22.

Army Entertainment Division needs vocalists, dancers, musicians, technicians and specialty acts for the song-and-dance extravaganza that provides "entertainment for the Soldier, by the Soldier."

Application instructions and a letter of release sample are available on the Internet at [ArmyMWR.com](http://ArmyMWR.com) by clicking on Recreation & Leisure, Entertainment, and then U.S. Army Soldier Show.



Photo by RALPH CUOMO, FMWR  
A Soldier takes aim at an opponent inside the Aberdeen Area Recreation Center during the first Veterans Day paintball tournament Nov. 11, 2008.

## Paintball Tournament draws 20 teams

Story by  
**YVONNE JOHNSON**  
APG News

The first Veteran's Day Paintball Tournament at Aberdeen Proving Ground was such a success, Soldiers and organizers are looking forward to doing it again. The Directorate of Family, Morale, Welfare and Recreation hosted the day-long event which was held in the Aberdeen Area Athletic Center Nov. 11.

Donna Coyne, intramural sports programmer, said the Sports Office was able to purchase the paintball

equipment, including the indoor course with obstacles and netting, guns, masks and chest protectors, as well as T-shirts for all participants thanks to the Army Substance Abuse Program which financed the project.

Twenty teams consisting of three Soldiers each from Companies A, B and C, 16th Ordnance Battalion, Kirk U.S. Army Health Clinic and Airmen from the U.S. Air Force Detachment played in the round-robin format.

"It was a huge success with our Soldiers," said Ralph Cuomo, FMWR sports program. "We plan to try to make this an annual event."

Tickets cost \$5 for active duty military; \$10 for non-military; and \$20 for ring-side seats. Children under 6 are admitted free.

This event is open to the public.

Purchase tickets at FMWR Registration, building 3326, 410-278-4011/4907 or Hoyle Fitness Center, building E-4210, 410-436-3375/7134.

### Purchase Hippodrome Theater tickets online

To purchase advanced tickets for shows at the Hippodrome Theater, visit [www.BroadwayAcrossAmerica.com/groupsales](http://www.BroadwayAcrossAmerica.com/groupsales) and enter the password

"105MWRAPGMD" for available discounted tickets.

Tickets are offered for a limited time. Check the Web site frequently for prices, show times/dates, seat availability and offer expiration.

For more information, call 410-278-4011/4907, or e-mail [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil).

### Youth Sports Bowling League

The Youth Sports Bowling League is open to all boys and girls ages 6 through 16 (age determining date is Jan. 1).

The bowling program builds character while promoting integrity, hard work, quality Family time and good sportsmanship.

Youths will compete on bowling teams, 5:30 to 7 p.m. on Mondays and began Jan. 12.

Cost to join is \$45 for six weeks.

Volunteer coaches are needed to make the program a success. To volunteer, call 410-306-2297.

Register at Central Registration, building 2752, Rodman Road or call 410-278-7571.

### ACS hosts meeting of Family Information Network

Army Community Service hosts a Family Information Network meeting 6 to 7:30 p.m. the second Tuesday of each month in building 2754. The next meeting is Feb. 10. This support group is designed to assist military members

who have Family members with special needs. Its goals are to provide a supportive network as well as assist with community resources.

For more information, call 410-278-2420.

### MWR daily bus trips to Atlantic City

Roll the bones on daily trips to Atlantic City, N.J. FMWR Leisure Travel Services offers daily bus service to Trump Taj Mahal Casino. Cost of the trip is \$45 per person with \$25 back in cash and a \$5 buffet coupon.

Only for ages 21 and over. The bus will leave Vitali's Restaurant, Best Western in Edgewood 9 a.m. and return 9 p.m.

For more information, contact FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail [apgr-usag-mwr-leisure-travel@conus.army.mil](mailto:apgr-usag-mwr-leisure-travel@conus.army.mil).

## SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. Open to all DoD ID card holders. For an appointment, e-mail [stacie.umbarger@conus.army.mil](mailto:stacie.umbarger@conus.army.mil).

### Private guitar lessons

Private guitar lessons

for ages 7 through 18 will be held 3:30 to 7 p.m., Tuesdays, at the Aberdeen Area Youth Center, building 2522.

An award-winning singer/songwriter will instruct students. No experience necessary.

Cost of the lessons is \$132 per student and includes one 30-minute

session per week for four weeks. Students must provide their own guitar and also are required to purchase books required for the course as recommended by the instructor.

Books are a one-time purchase. Parents can choose which time frame they want to sign up for when they register their child. Open to all DoD ID card holders.

### Toddler Art begins tonight

Calling all young Picasos. Toddler Art lessons will be given 5:45 to 6:30 p.m., Thursdays, Jan. 15 through March 5, for ages 2 through 4 at Aberdeen Area Youth Center, build-

ing 2522.

Hands-on creativity is the theme as children explore paint, clay, color, texture and shapes. Dress little ones in old clothes or a smock and be prepared for a messy good time. Parent participation required.

Cost is \$60 per student for eight weeks.

### Tae Kwon Do

Join the Unity Tae Kwon Do School of Martial Arts at APG. Tae Kwon Do promotes discipline, as well as muscle toning and conditioning.

Classes will be held at the Child, Youth and School Center, building 2522,

Monday and Wednesday; Feb. 29 through March 18 and March 30 through April 22, 5:30 to 6:15 p.m. (ages 6 to 12). Cost is \$65 per student for a one-month session or \$150 per student for a three-month session.

Students must wear a white T-shirt and sweat pants.

Class size is limited so register early.

### Brazilian Jujitsu

A Brazilian jujitsu program will be held at the Noncommissioned Officer Academy, building 4505, Suite C. Sessions will be held Tuesdays and Thursdays, Feb. 17 through March 19.

Beginner classes will be held 6 to 6:45 p.m., ages 7 to 18.

Through the practice of jujitsu and kickboxing, students will learn the best form of self-defense, how to defend themselves against bigger, stronger and faster opponents and develop leadership and teamwork skills. All students will advance their skills no matter their gender, size or natural ability.

Cost is \$85 per student. Open to all DoD ID card holder Family members. Each session requires a minimum of six students registered. Registration ends one week prior to the start of class.

## Bowling Center offers holiday special

The Bowling Center will be open Feb. 19 offering special bowling prices such as \$1.25 per game per person and \$2 for shoes for each person. Bowling lanes can be rented for \$12 per hour for each lane.

For more information, call 410-278-4041.

## New arrivals required to attend Newcomers' Orientation

All newly arriving Soldiers and civilian employees are required to attend the APG Newcomers' Orientation, 1 to 3 p.m., Feb. 11 at the Aberdeen Area Recreation Center, building 3326. Sponsors are encouraged to bring their Family members, and all members of the APG community are welcome to attend.

More than 50 APG community activities and organization representatives will welcome arrivals with handouts and literature and will answer questions regarding their programs.

Each unit/activity is requested to report the number of attending personnel to Phyllis Ethridge, Army Community Service, building 2754, 410-278-9669/7572, fax 410-278-9685 or e-mail [Phyllis.ethridge@us.army.mil](mailto:Phyllis.ethridge@us.army.mil).

## APG Bowling Center Snack Bar specials Building 2342

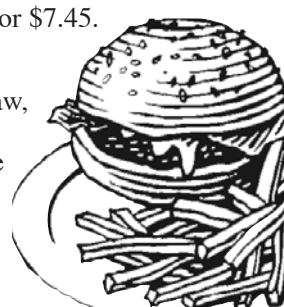
### Week of Jan. 12

Special #1: Ham and cheese wrap, potato chips, cookie and soda for \$5.95.  
Special #2: Turkey club, potato chips, cookie and soda for \$7.45.

### Week of Jan. 19

Special #1: Crab cake platter with french fries, coleslaw, cookie and soda for \$9.95.  
Special #2: Egg salad sandwich with potato chips, cookie and soda for \$3.75.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.





# Commentary: Two reviews: ‘Once upon a time in war’

By  
**JAMES LARKEY**  
*1 Co., 394 Infantry Regiment, 99th Division*

At last there is a book about World War II whose author recreated the true life experience of the front line infantry Soldier--no minimizing or glossing over was employed in revealing the horror, fear and primitive living conditions of those occupying the lowest rung of the military caste system.

“Once upon a time in war” is Dr. Robert Humphrey’s clear and precise description of the nightmarish conditions and events that turned an inexperienced and untried group of young raw recruits of the 99th Infantry Division into a fighting machine that was able to stymie the best efforts of an overwhelming massive German force three to 10 times their size.

By June 1944, Hitler knew he couldn’t beat the Allied Armies, but he thought that if he could launch a surprise attack in force and split the Allies and cut off their supply base in Antwerp, he could negotiate a separate peace treaty leaving the Russians as his only functioning opponent. He then, in great secrecy, assembled a huge force which would be ready to strike in December, 1944. It so happened that the 99th Infantry Division was placed exactly at ground zero of that attack but, despite their inexperience, they, in concert with the neighboring 2nd Division, managed to disrupt the exacting time table that was an absolute necessity for a German success. This attack and repulse became known as “The Battle of The Bulge,” and as such went down in history by that name.

A serious problem of supply developed at that time resulting in inadequate clothing and footwear suitable for the protection of the front line troops from the most severe winter in 50 years. That resulted in many casualties from frostbite and trench foot.

This book covers the entire history of the 99th Infantry Division from its inception in 1942 to its disbandment in 1945 with emphasis on its major battles - The Bulge, crossing the Rhine River on The Bridge at Remagen, closing The Ruhr Pocket and crossing The Danube River.

The book is written in a very vivid and readable style, and once started, is very difficult to put down.

Due to Dr. Humphrey’s skill as an interviewer, reporter, and writer, the reader feels as though he is a participant rather than a spectator to the events described.

It presents the life and thoughts of the front line Soldier, his fear, his homesickness, his reaction and often horror at the act of killing. In many cases he realizes that the enemy is simply him in a different color uniform, a young man called upon to do his duty for his country. Sometimes he feels he has more in common with his enemy counterpart than his own rear echelon support troops.

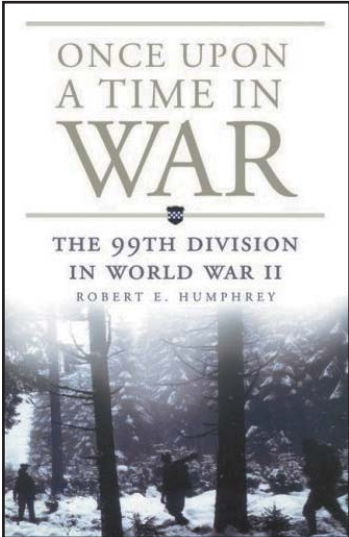
Finally the underlying message of the book is that war is nasty, ugly and a terrible waste of a country’s finest youth and treasure.

*(Editor’s note: See article on page 11 about the return of James Larkey’s ID bracelet 65 years after it was lost during the Battle of the Bulge.)*

By  
**DAVID L. PERLMAN**  
*99th Division veteran*

It’s “Once Upon a Time in War” and, if you’re a 99th Infantry Division veteran, you will find your story reflected in its pages. California State University Professor Robert E. Humphrey tracked down 350 of us for the interviews, which gives life and passion to his account of our division.

He visited our battlefields, where every few years the remains of one of our “missing in action” buddies is uncovered. He has come to our reunions, written essays for “The Checkerboard.” More than five years of research went into this honest and very readable book. It tells, probably as well as can be told, the story of our 99th



Infantry Division and the thousands of men who wore its checkerboard shoulder patch in World War II.

We have had people in our own ranks who have published gripping personal accounts of their time in combat. There is George Neill’s “Infantry Soldier” and, my personal favorite, Sam Lombardo’s very moving “O’er the Land of the Free.” Professional historian and author Alex Kershaw gave us the definitive account of the 394th Regiment’s famed I&R platoon. And I have long admired Dauntless, a large and wonderfully detailed “coffee-table” history of our division. Its appendix includes the honor roll of the 1,181 who died during our seven months in combat. I have used it from time to time to refresh my memory of half-forgotten names and, regrettably, mostly forgotten faces.

Having said all this, I will buy each of my grandchildren a copy of Robert Humphrey’s book with the hope and expectation that they will make it part of their Family history and pass it on to their children and grandchildren.

It is not a sanitized account. We lived in holes in the ground, saw friends killed or horribly wounded. There were times when we kept going simply because the guys around us kept going, and we would have been ashamed to do less. Our grandchildren should know that real war is not parades and medals.

Yes, this is what the Battle of the Bulge was like to the guys on the ground. After all these years, we still can feel the ground shake under an artillery barrage, hear again the rumble of tanks, and for many, endure the forced marches, starvation and misery of Germany’s prisoner-of-war camps.

This is the hasty and scary crossing of the Rhine, the unexpected hazards of the Danube and the gut fear as the war wound down that you might be one of the last casualties. Most of us greeted the war’s end more with relief than celebration.

There are segments of the book that do not mirror my own recollections. That’s not surprising. Our experiences may have been similar but they were not identical.

I don’t doubt that some of the veterans Humphrey interviewed told him of a wide gulf between those who had served in the division since it was activated at the dismal Mississippi swamp that was Camp Van Dorn and the “college kids” who joined the division at Camp Maxey, when the Army closed down its ASTP program.

Sure, there probably were some wise-ass kids who looked down on the noncommissioned officers who were trying to shape them into infantry Soldiers. But I don’t think the gap was as wide as Humphrey concludes. I was a depression kid who went to work at the age of 17 and took some college courses at night. I certainly didn’t consider myself superior to a sergeant who could field-strip an M-1 in half the time it took me and was able to follow a map, or to the private first class who carried and set up our squad’s heavy BAR. But obviously, other people’s experiences and memories differ.

Those of us who remain are in our 80s and 90s now. We will find our words and experiences echoed in the pages of this book. So thanks, Bob Humphrey, for your labor of love. I hope my grandchildren find it as compelling an account as I have.





Photos courtesy of JAMES LARKEY  
James Larkey's foxhole buddy William Lake, right, examines Larkey's identification bracelet during a 99th Infantry Division reunion visit to the site of the Battle of the Bulge in the late 1990s and agrees to let the finder, Jean-Louis Seel, keep it in his collection. Lake is pictured with his wife Ann.

# Commentary: Chain of events prompts return of ID bracelet

By **JAMES LARKEY**  
99th Division veteran

I became involved in a strange and incredible chain of events that began with my Philadelphia induction into the Army in 1943 and ended 65 years later in Florida. At that time, my mother bought me a silver identification bracelet engraved with my name and army serial number. I wore it through the first 18 months in the Army.

I was then in Company I, 394 Regiment, 99th Infantry Division and on the front line in the Ardennes since November 1944.

On Dec. 14, Company I was sent north to the 393 Regiment as a reserve supporting their attack on the Roer Dams. We were there 12 hours when the gigantic German attack, known as “The Bulge,” was launched directly at our position. We were forced into a chaotic withdrawal along with everyone else during which I apparently lost my bracelet. In the panic I didn’t miss it until a month later when the situation settled down.



Thirty two years later a Belgian youth named Jean-Louis Seel was scavenging over the battlefield collecting American military artifacts for a museum he was establishing. He found my bracelet in a field, and during a tour of the battlefield in 1989 by members of the 99th Infantry Division, he met my foxhole buddy William Lake who gave him permission to keep it for his museum. My buddy told me about it, and I left the situation undisturbed.

Seel also found some missing in action Soldiers of the 99th, and thereby became admired by the men of the 99th to the extent that he was invited to future annual reunions as a guest.

The bracelet remained in Sell’s possession for 28

years, during which time he lost the bracelet but then managed to retrieve it.

I now have a 10-year old grandson, and with the amazing saga of the bracelet, I wanted him to have it as a memento of me and as a Family icon for the future. I got Seel’s address from the 99th archives and e-mailed him a request to return it to me. I mentioned that this would be a good story for the division newspaper. He sent it, and it is now in my grandson’s possession.

I can’t help wondering if it had been in my possession the whole 65 years, if I would have lost or mislaid it, but because it was in Belgium for all those years acquiring a glamorous saga, it now is a valuable keepsake for my Family.



## Pentagon Channel for January 2009

The Pentagon Channel will feature the following programs on Channel 21 during the month of January. These programs are subject to change each week and will be updated accordingly.

### MONDAY

Fit for Duty, 6:30 a.m.  
Freedom Journal Iraq, 10:30 a.m.  
The Grill Sergeants, 12 p.m.  
Battleground, 3p.m., 11 p.m.  
Around the Services, 7:30 p.m.  
Recon, 8 p.m.  
Battleground, 11 p.m.

### TUESDAY

Fit for Duty, 6:30 a.m.  
Freedom Journal Iraq, 10:30 a.m.  
Around the Services, 12:30 p.m.  
Battleground, 3 p.m., 11 p.m.  
Army Newswatch, 4 p.m.  
The Grill Sergeants, 6:30 p.m.  
Recon, 8 p.m.  
Battleground, 11 p.m.

### WEDNESDAY

Fit for Duty, 6:30 a.m.  
Tour of Duty, 10 a.m.  
Freedom Journal Iraq, 10:30 a.m.  
Freedom Watch Afghanistan, 1 p.m.  
The Grill Sergeants, 2 p.m.  
Recon, 4:30 p.m.  
Around the Services, 7:30 p.m.  
The Grill Sergeants, 10 p.m.  
Battleground, 11 p.m.

### THURSDAY

Fit for Duty, 6:30 a.m.  
Army Newswatch, 10 a.m.  
Freedom Watch Afghanistan, 1 p.m.  
Battleground, 3 p.m.  
Freedom Journal Iraq, 5 p.m.  
Around the Services, 7:30 p.m.  
Recon, 8 p.m.  
Battleground, 11 p.m.

### FRIDAY

Fit for Duty, 6:30 a.m.  
Freedom Journal Iraq, 10:30 a.m.  
The Grill Sergeants, 12 p.m.  
Around the Services, 12:30 p.m.  
EXchange On Air, 2 p.m.  
Battleground, 3 p.m.  
Freedom Journal Iraq, 6:30 p.m.  
The Grill Sergeants, 8:30 p.m.  
Battleground, 11 p.m.

### SATURDAY

Fit for Duty, 6:30 a.m.  
Army Newswatch, 9 a.m.

Recon, 11 a.m.  
Around the Services, 1 p.m.  
Battleground, 3 p.m.  
Freedom Journal Iraq, 5 p.m.  
The Grill Sergeants, 6:30 p.m.  
Tour of Duty, 8:30 p.m.  
Recon, 10 p.m.

### SUNDAY

Fit for Duty, 6:30 a.m.  
Battleground, 7 a.m.  
Around the Services, 10 a.m.  
The Grill Sergeants, 12:30 p.m.  
Army Newswatch, 2 p.m.  
Recon, 4 p.m.  
The Grill Sergeants, 5:30 p.m.  
Army Newswatch, 6:30 p.m.  
Battleground, 9:30 p.m.  
This Week in the Pentagon, 10 p.m.

- Army Newswatch: Bi-weekly report on the men and women of the Army.
- Battleground: Features historic films from World War II, the Korean War and the Vietnam War.
- Fit for Duty:Takes viewers through a high-energy 30-minute workout led by service members.
- Freedom Journal Iraq: Focuses on military missions, operations and U.S. military forces in Iraq.
- RECON: Provides an in-depth look on a variety of topics from real world operations, missions, military events/history and other subjects highlighting the accomplishments of U.S. military men and women.
- Freedom Watch Afghanistan: Presents the latest from Operation Enduring Freedom in a daily newscast showing the activities of American troops in country.
- The Grill Sergeants: Serving up meals military style. A Pentagon Channel original program.
- Around the Services: Features military news from top defense officials and the military services from around the world.
- This Week in the Pentagon: An update on news coming out of the Pentagon.

## LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Carolyn Russell, 410-306-0078, fax 410-306-0100, or e-mail carolyn.russell2@us.army.mil.

## Employees eligible for donations in the Voluntary Leave Transfer Program

Donald Adamson  
Neoma Amberman  
Stacey Belcher  
Debra Bonsall (daughter has brain tumor)  
Jeanie Bowman  
Sandra Boyd (neck injury)  
Georgia Braun  
Alberta Brown  
Janine Byrnes  
Michelle Brooks  
Donna Butler

Donna Cianelli  
Angela Claybourn  
Frank Costa  
Kenneth Cox  
Joyce Clark  
John Daigle  
Carol DeVoid  
Liesolette Dorsey  
Meg Downey  
Wayne Erb  
Rita Fowler  
Gregory Fox

Miriam Garcia  
Allen Gregory  
Sharon Hardesty  
Jerome Hesch  
Linda Hindman  
Sinclair Joe  
Beverly King (caring for husband)  
Janet Kipp  
Glenn Kresge  
Randolph  
Larracuenta

Kimberly Long  
Joy Meadows  
Richard McKay  
Nicole McKew  
Frantz Midy  
Karen Milton  
Deborah Moore  
Marie D. Nowak  
Dorothy Nowak  
Cindy Orwig  
Alice Parks-Culp  
Rosina Poole

Judith Ratledge  
Reta Reynolds  
Gloria Scott  
Donna Sexton  
Melvin Showell  
Willie Stevenson  
Lavonne Telsee  
Gale Thompson  
Elizabeth Usmari  
Mark Walker  
Joyce Woods  
Barbara Zenker

## Tax Center

### From front page

bring materials such as:

- Mortgage interest statements (Form 1098)
- Medical receipts
- Rental reports
- Investment statements
- Charitable contribution receipts (name and address of charitable organization, date of contribution and bank receipts for

cash contributions)

- For stock sold this year, the taxpayer must establish the sales price and the cost basis of the stock before coming to the tax center. Staff cannot calculate these figures.

### Obtaining W-2s online

Defense Finance and Accounting Service myPay is a secure, DFAS-operated Web site that lets active duty, National Guard and Reserve military mem-

bers, civilian employees and military retirees and annuitants take charge of their pay accounts online. Soldiers and civilians can access my/Pay by going to <https://mypay.dfas.mil>.

The following 2008 Tax Statements (W-2 and 1099) are available on myPay:

- Retiree 1099R
- Annuitant 1099R
- Air Force, Army and Navy Reserve W2
- Civilian W2
- Marine Corps Active

and Reserve W2

- Army Non-Appropriated Fund (NAF) Civilian Pay W2
  - Student Loan Repayment Program (SLRP) W2
- The Savings Deposit Program 1099INT will be available Jan. 18 and Air Force, Army and Navy Active W2’s will be available Jan. 23.

### Obtaining tax forms

Federal tax forms are available at the APG Tax Center, public libraries,

post offices and at [www.irs.gov](http://www.irs.gov). State tax forms are available online at the taxpayer’s state department of revenue Web site.

### Electronic filing

Free electronic filing is also available through the APG Tax Center. However, staff must prepare the tax return at the Tax Center in order to electronically file the tax return. Electronic filing enables the taxpayer to receive their refund by direct

deposit into their bank account rather than having it mailed. The average return time is approximately three weeks for a check mailed and about ten days for deposits made directly into a taxpayer’s checking or savings account.

For more information and assistance with tax preparation and/or electronic filing, contact the APG Tax Center, 410-278-7048 beginning Jan. 22.

## Subsidy

### From front page

There are, however, stipulations as to which child care providers are eligible to be used as part of the subsidy.

One stipulation is that the child care provider must be licensed by the state, which may create problems

in states that don’t license them.

In that case, an “exception to policy” letter is needed. “We also write a lot of exception to policy letters, because only about forty percent of the states use the term ‘licensed’ in their legislation for child care,” Goedde said.

A call center has been set up to help Guard members navigate the paper-

work process required to receive the subsidy.

“There are fifteen folks there, and we train them so when a Family member calls they have the right answer,” she said. “And if they don’t have the right answer, there is somebody sitting right next to them that does.”

The call center has been set up to make it easier for Guard members to apply.

Previously, Guard members had to contact NACRA and navigate the system on their own.

“Now when you call, you either get a live person or somebody calls you back within about two hours,” Conner said. “Some of them are Guardsmen, some of them are Guard spouses, so they know what you’re going through.”

Once the call center is

contacted, those at the call center fill out the application and all the paperwork for the Guard member and submit it to NACRA for approval.

“We do the application for [the Guard member] so they’re not required to figure anything out,” Goedde said. “We take them through step-by-step. We then follow up with their provider, and we fill out the provider

application as well.”

To date, more than 1,100 Guard members have taken advantage of the program, Conner said.

For more information on the program, visit the National Guard Family Program’s Web site, <http://www.guardfamily.org/> or call 1-888-642-2799. (Editor’s note: Staff Sgt. Jon Soucy writes for the National Guard Bureau.)





# Health Notes

## Fight childhood obesity with winter workouts

By **ALEXIS WASHINGTON**  
*TRICARE Management Activity*

Now that temperatures have dropped and the days are shorter, children may be tempted to spend less time exercising and more time on computers, watching television and playing video games. However, TRICARE encourages children to stay active to help prevent childhood obesity.

The weather can limit outdoor activities for children when it's no longer easy to jump up and run outside or "play an hour a day" as the U.S. Department of Health and

Human Services Physical Activity Guidelines for Children and Adolescents recommends.

Physical activity is important for physical health and weight management. Exercise reduces the risk of cardiovascular disease, diabetes and other diseases. Consistent physical activity is helpful in weight loss and the prevention of weight regain.

To ensure children get 'winter workouts,' check into winter sports and recreation programs.

Uniformed service Families

and military retirees can utilize the Family and Morale, Welfare and Recreation centers for a number of services. From team sports to music, dance, martial arts, gymnastics, swimming lessons, ice skating, and more, FMWR Youth Services has something for everyone.

Outdoor fun activities such as skiing, ice skating and sledding can be tons of fun and a great workout. But when the weather outside is frightful, there are plenty of things to do that don't require a warm coat, hats and gloves. With a little imagination,

parents and children can create fun activities in the house.

### Throw a dance party

Dancing can be a moderate or vigorous physical activity. A dance party is a fun way to burn energy without completely destroying the house. Turn on the music and have kids dance to see how long they can dance or to mix up any dance party, throw in a game of "musical chairs."

### Head to the mall for a walk

Mall walking can be a Family

or social occasion. Consider inviting other parents and their children to join in for a competition.

### Game on

Have children search around the house looking for something good. Put together a scavenger hunt for healthy snacks, toys or gifts. For more activity consider creating a Family obstacle course using objects from the house.

Staying active can be easy.

For more information about fighting childhood obesity, visit <http://www.tricare.mil/getfit>.

## Commentary: Less exercise can mean more fitness

Story by  
**CAPT VANCIL MCNUITY**  
*U.S. Army Center for Health Promotion and Preventive Medicine*

Everyone may have different motivations to exercise. If you are a Soldier, your exercise motivation may be to pass a PT test or because your mission requires it.

One of the pitfalls of preparing Soldiers to meet the physical rigors of completing the mission may be overtraining, also known as overuse. Overtraining occurs when the amount of exercise is out of balance with recovery or rest. When this happens, it can predispose a Soldier to

injury. Sometimes, a leader's sincere desire to show that his or her unit exceeds the standards may be one of the reasons we have an epidemic of injuries today.

The Joint Services Physical Training Injury Prevention Work Group thoroughly reviewed proven injury-prevention strategies in the military. The work group found that too much running was the primary contributor to overuse, and that those who are at the greatest risk of injury are those who are least fit.

A large amount of both military and civilian research shows that running volume (amount of running) significantly increases the risk of lower-extremity

injuries (injuries to the legs). During initial military training, about 25 percent of men and about 50 percent of women incur one or more PT-related injuries. About 80 percent of these injuries are in the lower extremities and are of the overuse type—a condition brought about by excessive running relative to the fitness level of the individual.

The work group found ample evidence that running mileage was an injury risk factor. An obvious intervention (change) would be to reduce the amount of running performed by military members. In fact, this intervention has been proven to reduce injuries without affecting physical performance.

Marine recruits in a 12-week boot camp had a 54 percent reduction in stress fractures of the legs with essentially no change in aerobic fitness when they reduced their running mileage 40 percent (from 55 miles down to 33 miles). A group of Soldiers in Basic Combat Training who ran 56 miles was compared to BCT Soldiers who ran 130 miles in 12 weeks. The Soldiers who ran fewer miles during 12 weeks of BCT training not only decreased their injuries by 24 percent but scored just as high on the two-mile run part of the Army Physical Fitness Test. It is important to note that the group that ran less miles increased its march-

ing mileage (117 miles versus 68 miles for the group that ran the higher mileage). Increased marching is probably more realistic a scenario in wartime.

Another study compared male Navy recruits assigned to basic training divisions that ran either 12 to 18 miles or 26 to 44 miles. The lower-mileage division had lower injury rates, with 1.5-mile run time improvements that were the same as the higher-mileage divisions. In other words, a reduction of 20 miles of running during this Navy recruit training reduced injuries by 20 percent without negatively affecting physical fitness.

There are thresholds of

running above which injuries increase dramatically without any significant gains in fitness. Running frequency of five times a week versus three times a week for 30 minutes increases the injury incidence (percent of subjects injured) by 225 percent without significantly improving fitness level. Running durations of 45 minutes versus 30 minutes three times a week increases the injury incidence by 125 percent without any significant change in fitness.

The bottom line: If Army leaders are serious about taking care of Soldiers and reducing PT-related profiles, there is plenty of hard evidence that proves less is more.

## Commentary: Taking care with over-the-counter medications

By **SUNAINA SINGH**  
*KUSAHC*

When we aren't feeling well and go to our local store, we are bombarded by numerous products. You often feel as if you need a pharmacy license to pick the correct medication for a common cold or cough. This can be a very challenging task for us as consumers.

We are faced with the task of reading labels with words such as decongestant, cough suppressant, antitussin, expectorant and antihistamine.

Decongestants are used for unclogging a stuffy nose. Expectorants are helpful in loosening mucus so that it can be coughed up. Anti-

histamines are useful for sneezing and runny nose.

You want to be familiar with all the effects of the medication. For example, if you are breast feeding, the use of an antihistamine can decrease your milk supply. Antitussin can help to suppress the cough reflex, especially at night when you are trying to sleep.

Caring for a sick loved one can be stressful for parents and Family members. You may feel guilty especially if you have to go to work and your child is in the care of someone else.

The community health nurses at KUSAHC are offering free over-the-counter medication classes twice a month to TRICARE adult

beneficiaries to include active duty and retirees.

The next class is 3 p.m., Jan. at the 22 KUSAHC Ortiz Training Center, room B06.

With knowledge from the OTC class, you will be equipped with a better knowledge of medications and know when to seek professional help. A great portion of your stress may be relieved because you were able to handle the situation better.

Each participant will receive a copy of the Health Wise Handbook, which provides information on first aid, emergencies, common health problems and how to live better with chronic disease.

During the class you will

receive education to help you identify a viral versus a bacterial infection. We will discuss medications used for common illnesses, warning signs and when to call the doctor. The use of herbs is also discussed along with safety concerns with any interactions. Additionally, patients will learn proper and safe disposal of expired medications.

Information from the Food and Drug Administration states that OTC cough and cold products should not be given to infants and children under 2 years of age because of serious potential life threatening risks and or side effects. One of those risks is accidental overdosing.

These classes are very informative and the knowledge gained is extremely important.

Interaction and questions are welcomed.

After the class you will receive the Over-the-Counter medication card, which

is good for 4 years. Take the OTC card and your military ID card to the pharmacy. The pharmacy can provide you up to four OTC medications per month.

For more information or to sign up, call 41-278-1771/1774/1964.



## ‘No such thing as 100 percent safe ice’

Installation Safety Office

"You're skating on thin ice, buddy!" takes on added significance this time of year.

As schools get ready for the first snowfall and kids hope for schools to close, there's the inevitable sledding, snowball fights and exploring frozen ponds and shorelines to consider.

Unfortunately, this is when dangers can hit home. And it's not limited to just children. Adults, also, don't know how much ice is needed to safely support a person. Anyone can become a victim of falling through the ice because they try to judge the strength of ice just by its appearance and how cold it's been.

"Although the conditions may vary, the hazards of thin ice are the same no matter where you are – whether Swan Creek, Bush River, Otter Point Creek or Gunpowder River," said Jenelle L. Ferguson of the Installation Safety Office. "Thin ice on rivers, ponds, creeks and lakes is nothing to be played with because the ice may look thick enough, but that doesn't mean it's safe. Looking at the surface is not a good way to gauge ice thickness -- water close to the shore freezes faster than deeper areas. So, people are often fooled when they find out the ice supports them at the edge, only to discover it gets thinner the further out they venture.

"Try not to panic," is the statement heard all too often when situation arises where the only response one can do is to panic, Ferguson said.

"Survival preparations may not eliminate the panic, but it can help decrease it," she said.

The Installation Safety Office offers the following tips for what to do should you fall through ice:

- Don't remove winter clothing. Heavy clothes probably won't drag the body down, but instead can trap air to provide warmth and flotation.
- Turn toward the direction you came. That's probably the strongest ice.
- Place hands and arms on the unbroken surface.

- Kick feet and try to work back onto the solid ice. If clothes have trapped a lot of water, you may have to lift yourself partially out of the water on your elbows to let the water drain before moving forward.

- Don't try to climb out. Instead lay both arms on unbroken ice and kick hard, as this action lifts the body. Roll onto the ice and away from the hole you fell into.

- Lie flat on the ice once out of the water and roll away from the hole to keep body weight spread out. This may help prevent you from breaking through again. Do not stand up until on the ground or an area of solid ice. Crawling will help keep weight more evenly distributed

- Once out, roll in fresh snow on the surface. The idea behind this is that, the fresh snow helps absorb moisture.

- Get to a warm, dry, sheltered area.

### Tips for what to do if someone else falls in:

- First, call 911 for help. If you don't have a cell phone, there's a good chance someone near you may be carrying one.
- Resist the urge to run up to the edge of the hole. This would most likely result in two victims in the water. Do not risk your life to attempt to save a pet or other animal.
- Shout to the victim to encourage them to fight to survive and reassure them that help is on the way.
- If you can safely reach the victim from shore, extend an object such as a rope, ladder, or jumper cables to the victim. If the person starts to pull you in, release your grip on the object and start over.
- If you are unable to reach the victim from shore, go for help. A nearby boat may be able to assist.
- Administer first aid as necessary until medical help arrives.
- Keep reassuring the victim that help is on the way and urge them to fight to survive.

## Adventures in driving decision making

## Panic on the highway!

Installation Safety Office

"Adventures in driving decision making" is brought to everyone by the Installation Safety Office.

Read the following scenario and then from the options provided, select the best answer. The correct response is printed upside down.

### Situation #15

Imagine you are driving 55 mph in the middle lane of a large interstate highway. There are cars on both sides of you. As you come around a curve in the highway, you see a mattress just 25 yards ahead in the center of your lane. What should you do?

A. Hard brake to slow, grasp wheel firmly and drive over it.

B. Honk, signal and move right to get the car on the right to make room for you.

**Answer A.** Good thinking! Your choice to "hard brake to slow, grasp wheel firmly and drive over it" is a good one. To begin with, you wouldn't be able to stop. Going over the mattress won't hurt your car or cause you to lose control, so you wouldn't be running the risk of sideswiping another car. Running over something isn't too bad if you know what it is and know it won't hurt the car.

**Answer B.** Oops! This was not the best choice. Trying to "honk, signal and move right to get the car on the right to make room for you" is taking too much for granted. The car on your right might not be able to move over, or even see your predicament. If the object were a person in the road ahead or some big heavy object, it would be different. In that case, this would be your best course of action, but since it's a mattress, don't sweat it. In all likelihood it will not damage your car or cause you to lose control. And if you tried to stop, you wouldn't have enough time. It would be best to "hard brake to slow, grasp wheel firmly and drive over it." Answer A was the best choice.